

“FitUP”

Provided by the Wellness Council of the Upper Peninsula

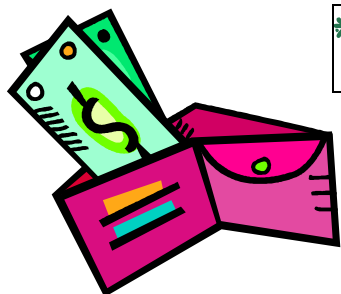
* 2008 “Incentive List” *



Go to www.fitUP.org for program details.

1 Grand Prize!: ALL individuals who earn 6,400 points between January 7, 2008 and August 16, 2008 will be entered into the grand prize drawing for \$640...ten cents per point! Points earned for minutes of activity, eating fruits/vegetables, or quitting tobacco. Bonus points are also available.

4 Weekly Cash Prizes: There will be four weekly winners of \$20 cash prize! Each minute of activity is worth one point, each fruit or vegetable is worth a point too! Everyone who earns 150 points of physical activity AND has at least 25 fruit/vegetable servings and an additional 25 points will be eligible for the weekly prize drawings!



STAGE PRIZES – Cold Hard Cash

WELCUP is sponsoring an additional incentive drawing for Individuals who successfully complete and log individual points at each of the four stages.

STAGE 1 – 2 Months Jan 7 – March 1, 2008	1600 Points	Individual	\$160	Two Winners!
STAGE 2 – 2 Months March 2 – April 26, 2008	1600 minutes	Individual	\$160	Two Winners!
STAGE 3 – 2 Months April 27 – June 21, 2008	1600 minutes	Individual	\$160	Two Winners!
STAGE 4 – 2 Months June 22 – August 16, 2008	1600 minutes	Individual	\$160	Two Winners!

*** Worksite Grand Prize** Each worksite that completes the Designing Healthy Environments at Work Assessment Tool (click here for the tool) by February 1 will enter a drawing for 6 Fleece Jackets/Vests for their own incentive prizes!

